

## BASES (primary portion)

## INGREDIENTS

	Brown Rice	Roots Rice	Bulgur	Kale	Spinach	Arcadian Mix	Pimentos	Black Beans	White Beans	Chickpeas	Cucumbers	Tomatoes	Onions	Avocado	Red Cabbage	Carrots
Calories	177	173	58	49	20	22	6	47	56	55	8	7	10	81	8.7	10.3
Carbs (g)	37	36	13	10	3	5	1.2	9	10	10	2	2	2	4	2.1	2.4
Fiber (g)	3	3	3	1	3	2	0.5	3	3	2	0	1	0.5	4	0.6	0.7
Sugars (g)	1	1	0	0	0	1	0.6	0.5	0	2	0	0	0	0	1.1	1.2
Proteins (g)	4	4	2	3	3	1	0.2	3	4	3	0	0	0	2	0.4	0.2
Fats (g)	2	2	0	0	0	0	0.1	0	0	1	0	0	0	7	0	0
Sat. Fat (g)	0	0	0	0	0	0	0	0	0	0	0	0	0	2	0	0

## INGREDIENTS (continued)

## ROASTED

	Pita Chips	Goat Cheese	Parmesan	Feta	White Cheddar	Craisins	Egg	Corn	Almonds	Pickled Onions	Jalapeños	Sweet Potatoes	Beets	Broccoli
Calories	93	86	104	75	84	77	77	56	75	12	5	92	35	27
Carbs (g)	14	3	0	2	2	21	1	7	3	2	3.4	14	5	3
Fiber (g)	1	0	0	0	0	1	0	1	1	0	0.6	3	1	1
Sugars (g)	0	0	0	0	0	16	1	1	0.5	2	0.5	5	4	1
Proteins (g)	2	5	8	5	6	0	6	1	3	0	0.2	1	1	1
Fats (g)	4	6	6	6	5	1	5	3	7	0	0.2	3	1	4
Sat. Fat (g)	0.5	4	4	4	3	0	2	0.5	0.5	0	0	0.5	0.2	0.5

## GRILLED

## DRESSINGS PER OUNCE (1 ½ to 2 oz. per serving)

	Adobo	Chicken Hot Honey	Chicken	Red Chili Miso Tofu	BBQ Tofu	Mushrooms	Cilantro Lime	Lemon Tahini	Pesto	Greek Feta	Caesar	Lemon Za'Atar	Basil Balsamic	Miso Ginger	Roasted Red Pepper
Calories	140	269	238	250	123			102	149	90	143	124	189	97	147
Carbs (g)	1	19.1	14	24.7	5			2.6	0.7	1.1	0.8	1.2	3.1	1.8	3.9
Fiber (g)	0	0	2.6	1.8	1			0.6	0.1	0.1	0	0.2	0	0	0.4
Sugars (g)	0	18	7.6	18.2	2			0.5	0.1	0.6	0.2	0.3	2.7	1.2	3.1
Proteins (g)	26	28	16.1	14.1	2			1.1	0.8	0.7	1.4	0.1	0.1	0.2	0.4
Fats (g)	5	11.1	14.6	12	8			10.1	16.1	9.4	15.2	13.6	19.8	10.2	15.1
Sat. Fat (g)	1	2.7	2.5	2	2			1.5	2.8	1.9	2.5	2	3.1	1.6	1.1

\*\* Based on signature bowl portions



# NUTRITION INFO



# FOOD & MEALS



## Our Approach

When it comes to foods and the meals they make up we believe 3 things,

1. They should be delicious
2. They should be mostly natural
3. They should leave you satisfied

Why these 3 things? We think they check all the boxes for what us humans would want out of a meal. It would be enjoyable to eat (delicious), would support us with long-lasting energy and make us feel great (natural), and keep us full after to avoid snacking (satisfied).



Nature really has our backs! Very cool to see how packed with nutrients natural food is. These are things that help us sleep, manage stress, focus longer, etc.

## THE TALLADEGA\*

32 OZ BOWL

AVAILABLE FOR A LIMITED TIME ONLY!

Calories	819
Carbs (g)	73
Fiber (g)	.6
Sugars (g)	26
Proteins (g)	40
Fats (g)	45
Sat. Fat (g)	10



\* Indicates seasonal bowl

## SIGNATURE BOWLS

\*Percent daily values are based on a 2000 calorie diet.

	El Jefe	The Apollo	The Southern	Roots Bowl	Mad Bowl	Mayweather	Pesto Caesar	Cobb	Balboa	Tamari
Calories	879	766	821	779	771	738	682	685	969	605
Carbs (g)	80	75	96	109	64	56	44	52	88	47
Fiber (g)	12	8	8	12	11	13	6	11	10	11
Sugars (g)	4	5	33	27	5	9	3	9	9	26
Proteins (g)	45	42	26	17	21	43	44	41	57	20
Fats (g)	48	38	39	34	46	43	38	38	55	41
Sat. Fat (g)	11	9	8	8	11	11	10	9	12	7
Sodium (%)	49	51	50	32	33	39	42	35	68	38
Vitamin C (%)	61	52	133	65	71	244	217	174	24	133
B12 (%)	16	16	23	1	6	9	15	19	21	0
Calcium (%)	25	25	133	18	47	29	53	24	26	16
Iron (%)	26	31	44	19	29	33	23	37	27	48

## HAVE SPECIFIC DIETARY NEEDS?

### LOW CARB

Cutting carbs? Try reducing the amount of grains in your bowl, and adding in more lettuce instead. Also try swapping out pita chips, or sweet potatoes for cucumbers, broccoli, or cabbage.

### LOW CALORIE

Going lower calorie? Couple ways to do that.

- reduce grains a bit and add more lettuce
- go a little lighter on the dressing and add in the same lime and lemon squeezes instead
- take out a higher calorie ingredient and replace with a lower calorie one.

### LOW SODIUM

Reducing your sodium intake? Try swapping out cheese or pita chips for a plant-based ingredient, like avocado, cucumbers, or corn.